



ONTARIO
PSYCHOLOGICAL
ASSOCIATION

OPA 2018 Annual Conference

17 November, 2018 • Toronto Reference Library • Toronto



Conference Preliminary Program

Table of Contents

Welcoming Words from the OPA President.....	3
Saturday, 17 November, 2018.....	4
Morning Sessions, 9:30am – 11:15pm	5
Dialectically Speaking on DBT for Adolescents.....	5
Trauma exposure and PTSD: A practical review of assessment and treatment.....	5
Authentic Forgiveness Workshop.....	5
Keynote Address 11:30am – 12:30pm	6
Afternoon Sessions, 2:00pm – 4:00pm	6
Acceptance and Commitment Therapy with Adolescents.....	6
Emergency Response and the Role of Psychologists	7
Putting the LEARNING back in Learning Disability: New criteria for diagnosing Learning Disabilities in Ontario	7
Poster Presentation.....	11
OPA Awards	11
Conference Fees	11
Directions to the Toronto Reference Library.....	12
Directions, TTC & Parking	12
Public Transit.....	12
Parking	12
Hotels Nearby	12

Welcoming Words from the OPA President

Dr. Sylvain Roy

Greetings,

We are pleased to announce the program for our annual conference. This year the conference will be held over one day which, of course is reduced in length from previous years. This has occurred as it is a transitional year for our organization. Our CEO, Ms Jan Kasperski, retired earlier this year and we are in the process of filling her position. In the interim, the Board and the staff of OPA are working hard to continue our advocacy work with the new Provincial Government as well as manage the regular work of the organization including putting together the annual conference. Despite the shorter length, we feel that we have balanced important opportunities for professional learning, allowing for Section meetings, highlighting research and the opportunity to socialize and network with colleagues.

We look forward to seeing you on 17 November 2018.



Dr. Sylvain Roy

Conference at a Glance

Saturday, 17 November, 2018

8:00-9:00	Registration and Continental Breakfast		
9:30-11:15	Morning Workshops and Section Meetings		
	Workshops		
	Dialectical Behavioural Therapy	Authentic Forgiveness Therapy	Trauma exposure and PTSD: A practical review of assessment and treatment
	Section Meetings		
	Retention and recruitment of psychologists in the Ontario public system (including Forensics)	Meeting of Early Career Psychologists	
11:15-11:30	Break		
11:30-12:30	Keynote Speaker – Patricia Pearson		
12:30-1:45	Lunch and Awards		
2:00-4:00	Afternoon Workshops and Section Meetings		
	Workshops		
	Acceptance and Commitment Therapy	Putting the LEARNING back in Learning Disability: New criteria for diagnosing Learning Disabilities in Ontario	Emergency Response and the Role of Psychologists
	Section Meetings		
	SecP	Update on key Private Practice issues: WSIB, MVA and Psychotherapy	
4:00-5:00	AGM		
4:30-7:30	Poster Presentations and President's Reception/Cocktail Party		

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Morning Sessions, 9:30am – 11:15pm

Dialectically Speaking on DBT for Adolescents

Dr. Paulo Pires & Dr. Danielle Pigon

Dialectical Behaviour Therapy (DBT) is an increasingly sought out psychological treatment for adolescents who are experiencing multiple areas of dysregulation. The workshop will review DBT and its application to working with adolescents and their families, including lessons learned from a tertiary mental health clinic.

Trauma exposure and PTSD: A practical review of assessment and treatment

Dr. Philippe Shnaider

Approximately 75% of North Americans will be exposed to a traumatic event throughout their lifetime and about 10% will be diagnosed with posttraumatic stress disorder (PTSD). Fortunately, there are effective treatments that can make a significant impact on the lives of individuals diagnosed with PTSD. This workshop will provide a foundational and practical review of the assessment and treatment of PTSD. Participants will receive instruction on differential diagnosis following trauma exposure, the theoretical underpinnings of key cognitive-behavioural interventions and treatment protocols, case-conceptualization, as well as a practical review of first line strategies for the treatment of PTSD.

Authentic Forgiveness Workshop

Dr. Pati Beaudoin

This workshop presents a breakthrough protocol that integrates CBT, psychosynthesis, and a few simple techniques to address body, mind and emotion. The process decreases anger, resentment and hurt arising from non-forgiveness in one or two sessions. This protocol has been developed and used for over 20 years in a practice that includes survivors of child abuse, rape, and other actions often considered unforgivable.

We will begin with a summary of research in forgiveness, followed by a theoretical analysis of why our usual methods of helping people forgive often don't work as well as we might wish. The demonstration of the new protocol is delivered first by DVD, then by live demonstration. (The people on the DVD have given permission for their work to be seen by credentialed practitioners.) Following the live demonstration, the participants will practice in small groups. We will have periods for Q & A at several times during the workshop, including at the end.

Objectives:

Following this workshop, participants will be able to

- List psychological and physiological benefits of forgiveness
- Distinguish between forgiveness and reconciliation
- Describe how and why two approaches to forgiveness do not work well
- Identify the essential ingredients in the transition to forgiveness
- Lead a patient through the Authentic Forgiveness Protocol

Keynote Address 11:30am – 12:30pm

Perspectives on Access to Mental Health Care

Patricia Pearson

Afternoon Sessions, 2:00pm – 4:00pm

Acceptance and Commitment Therapy with Adolescents

Dr. Sherri Turrell

This introductory ACT workshop will be of use for therapists working with adolescents in a variety of settings. ACT (said as a single word) is an emerging cognitive behavior therapy, based upon unique philosophical and theoretical foundations. From an ACT perspective, trying to avoid or eliminate unwanted thoughts or emotions often results in greater distress. Behavior change is brought about through mindful attention, acceptance of thoughts and feelings, and an emphasis on personal values. While there will be some didactic presentation of the therapeutic processes that make up ACT, participants will learn the model mostly from the inside – out. There will be a focus on formulation from an ACT perspective as well as specific interventions that are appropriate for adolescents, including an introduction to the ACT Matrix.

In this workshop, participants will learn:

- i) The theoretical underpinnings of ACT and how they relate to the therapy
- ii) To appreciate the role of experiential avoidance in mental health struggles
- iii) To recognize the core processes of ACT
- iv) To formulate client struggles from an ACT perspective
- v) To recognize the therapeutic processes within the ACT Matrix
- vi) To incorporate values-based work into current practices

Emergency Response and the Role of Psychologists

Dr. Suzanne Fillion

This interactive session is a combination of practical presentations and open discussions. Presentations will include the role of psychologists and psychological associates during critical incidents; an overview of disaster response in Ontario; and pre, peri and post critical incident work, including early intervention approaches (e.g. CBT, EMDR, CISM, other). Discussions will be held on topics such as models of emergency response from various areas, how psychologists perceive their roles, and recommendations to improve this field of intervention for psychologists and psychological associates in Ontario.

Putting the LEARNING back in Learning Disability: New criteria for diagnosing Learning Disabilities in Ontario

Dr. Carolyn Lennox and Dr. Maria Kokai

For several years, there has been confusion and lack of consensus in the psychology community on what diagnostic criteria to use when diagnosing a Learning Disability (LD), causing considerable confusion in the public and disruption in service.

To remediate this, a cross-sectoral group of psychologists (including representatives from school districts, mental health agencies, hospitals, colleges and universities, graduate education and training programs in psychology, and practitioners in the community in private practice) has developed consensus-based diagnostic criteria and guidelines, consistent with current research, for the assessment of LD. Recently, the Ontario Psychological Association adopted these criteria and guidelines.

The presentation will familiarize the audience with the content of the document, including a standard, step-wise process for psychological assessment; a set of criteria for the diagnosis of a Learning Disability; the connection between diagnosing a DSM 5 based Learning Disorder and a Learning Disability; adaptations for culturally and linguistically diverse individuals; and LD and Giftedness. The intention of this approach is to bring consistency in the diagnosis protocols of psychology practitioners across age groups, settings and populations, and it is designed to be inclusive of all children, adolescents and adults, including those who are from culturally and linguistically diverse (CLD) backgrounds.

President's Reception/ Cocktail Party

Saturday November 17th, 2018

4:30-7:00pm

Speaker Biographies

April Basciano is completing her Master's Degree in Clinical and Counselling Psychology at Adler Professional Graduate School. She holds a BSc in Psychology from the University of Guelph. She completed practicum placements at York Catholic District School Board and McMaster University. April particularly enjoys working with children and young adults and is passionate about individualized evidence-based intervention in both the school and home environments. Beyond school, April is the founder of Think Psychometrists and offers psychometric training to psychometrists, students, and clinicians. In addition to her clinical work, April is the OPA Director of Student Affairs. She also represents students as an OPA Board Member and a CPA Campus Representative.

Dr. Pati Beaudoin is a Licensed Psychologist in Georgia, USA, recently returned to Ontario, where she was born and educated. She has been in practice for over 30 years, and has presented workshops on hypnosis, psychosynthesis and energy psychology in Europe, the UK, Canada, the US and South America. Dr. Beaudoin has consulted to NYPD Internal Affairs and to the Nicaraguan Ministry of Health. She is the author of Letter to Husbands From a Wife and the producer of a series of training films for couples called "Clarity for Couples." Dr. Beaudoin mentors the next generation of therapists by training, consulting and supervising in such diverse topics as trauma, dissociation, couples' counseling, forgiveness and mind-body medicine.

Dr. Ester Cole is a psychologist in private practice. She was a Team-Coordinator of psychological services at the Toronto Board of Education for many years. She was an adjunct professor at OISE, and at York University. Dr. Cole held leadership positions in several organizations, provincially, nationally, and at APA. Among them were- President, Ontario Psychological Association; President- Canadian Association of school Psychologists; President- Section of Psychology in Education, OPA (currently on SecPE Council); President- Canadian Register of Health Service Psychologists; Chair- Psychology Foundation of Canada (presently, Advisory Board and committee member); LDAO-Board member; APA/ DRN Advisory Committee (also past OPA/DRN Chair); presently APA- Council of Representatives. She has served on numerous committees within psychology (CPO – Registration, past, and presently Client Relations; CPA– Fellow Status, Professional Affairs Committee). She has published and lectured widely on topics including consultation models in school psychology; multicultural diversity services, learning disabilities, self-esteem, and crisis interventions.

Dr. Jonathan Douglas is a clinical psychologist, in private practice in Barrie, ON. His practice has evolved with a strong focus on trauma, particularly in veterans and first responders, but also including childhood trauma. He enjoys introducing innovative techniques while guiding the treatment with the consistent measurement of outcomes to ensure treatment progress. He is a passionate advocate for access to mental health services. The frequency of his posts on the OPA listserv has become the stuff of legend.

Dr. Suzanne Filion is an experienced clinical psychologist, national speaker, and corporate consultant, with an ardent commitment to public service. She specializes in posttraumatic stress disorder and resiliency, and provides training on a variety of topics such as trauma and the brain, emergency response, resilience - building, women's issues, and psychological health and safety. Dr. Filion is a first responder consultant across Canada, and part of emergency response teams during critical incidences such as natural disasters and mass fatalities. She is well known for her informative, dynamic, interactive and down – to – earth presentations that are based in research and best practices.

Dr Filion is the President and CEO of her own private practice and is the Director of Strategic Development at the Hawkesbury and District General Hospital where she has designed and implemented over twenty community programs in mental health. She obtained her Ph.D. from the Université de Montreal and has also taught as an Associate Professor at

the University of Ottawa and St – Paul University. Dr. Filion also holds a Mental Health Law Certificate from the Osgood Hall Law School at York University, and a Senior Leadership Certificate from the Telfer School of Management at the University of Ottawa.

For her innovative work in mental health, Dr. Filion appeared on The National News, CTV Morning Live and CBC Radio among other media. In 2018, she received the Canadian Psychological Association Award for Distinguished Contributions to Public or Community Service. In 2014, Dr. Filion was chosen by the Honourable Eric Hoskins, Minister of Health and Long - Term Care, as one of twenty leaders from across Ontario to sit on the Mental Health and Addictions Leadership Advisory Council. Dr. Filion is currently one of Bell Let's Talk national subject matter experts. There's nothing Dr. Filion loves more than to spend time with her four children and husband. She also enjoys music, trekking, biking and travelling. For more information, please visit DRFILION.COM

Dr. Maria Kokai has been practicing in the field of school psychology (initially in Europe, then in Canada) since 1980. For the past 14 years, until her recent retirement, she was the Chief Psychologist at the Toronto Catholic District School Board, overseeing and directing psychological services for the 90,000 students of this board, as well as participating in the selection, implementation and evaluation of various system-wide intervention programs in the areas of LD, Giftedness, resilience and mental health. She has been facilitating collaboration in research and service delivery with other organizations (e.g. SickKids Hospital, Integra, CAMH, Learning Disabilities Association of Ontario, Psychology Foundation of Canada, Friends Resilience), and is a current advisory member of the LDAO's LD@School project. She is also a member of the Executive Council of the OPA Section of Psychology in Education, and CPA Education and School Psychology Section, as well as a former member of the Board of Directors of the Ontario Psychological Association and the Psychology Foundation of Canada. Dr. Kokai was the President of the Association of Chief Psychologists with Ontario School Boards until July 2018.

Dr. Carolyn Lennox is a Clinical and School Psychologist, currently Manager of Psychology Services in TDSB West Region, Learning Centre 4. She received her M.Phil. in Clinical Psychology at the University of London, England and completed her PhD. in Clinical-Developmental Psychology at York University. Past work experience includes Manager of Clinical Services at the Geneva Centre for Children with Autism and School Psychologist with the Peel District School Board. A past board member of the Ontario Psychological Association (OPA), she is currently a member of OPA and the Section on Psychology in Education of OPA; member of the Association of Chief Psychologists with Ontario School Boards; chair of the Liaison Committee between the Ministry of Education, Special Education Branch, and OPA; co-chair of the Cross-Sectoral group in Ontario concerning assessment and diagnosis of students with Learning Disabilities. Special interests include Learning Disabilities, Autism, the reading process and Resilience.

Patricia Pearson is an award-winning journalist and novelist whose work has appeared in *The New Yorker*, the *New York Times*, *Huffington Post* and *Businessweek*, among other publications. She has written for The Walrus and other publication on mental health projects in marginalized communities in Toronto, adolescent mental health and access to mental health care in Canada. She is the author of 5 books, and was a long-time member of *USA Today's* Op-Ed Board of Contributors. Known for upending conventional wisdom, Pearson's first book, *When She Was Bad*, questioning our simplistic understanding of violent women, won the Arthur Ellis Award for Best Non-Fiction Crime Book of 1997. Her new book, *Opening Heaven's Door: What the Dying May Be Trying to Tell Us About Where They're Going*, has just been published in Canada and the United States, with foreign language editions to come.

Dr. Paulo Pires, Ph.D., C.Psych., received his Ph.D. in Clinical Child and School Psychology from OISE/University of Toronto. He is currently the Clinical Director and Staff Psychologist in the Child and Youth Mental Health Program at McMaster Children's Hospital and is an Assistant Professor (Part-time) in the Department of Psychiatry and Behavioural Neurosciences at McMaster University.

Dr. Danielle Pigeon, Ph.D., C.Psych., received her Ph.D. in Clinical Child and School Psychology from OISE/University of Toronto. She is currently a Staff Psychologist in the Child and Youth Mental Health Program at McMaster Children's Hospital.

Dr. Jason Ramsay was raised in the Niagara Region, obtained a doctorate from UT-OISE, and completed postdoctoral fellowships at St. Michael's Hospital. He is a founding co-partner of Niagara Psychological Wellness, with offices in St. Catharines and Hamilton; as well as an Adjunct Assistant Clinical Professor, actively teaching in the Department of Psychiatry and Behavioural Neurosciences, McMaster University, Niagara Campus.

Dr. Sylvain Roy is a bilingual rehabilitation neuropsychologist holding positions at the Centre for Addiction and Mental Health (CAMH) & Inner City Family Health Team in Toronto and Adjunct Professor at York University. He received his Ph.D. in neuropsychology from the Université de Montréal and also holds degrees from York and McGill University. At Inner Family Health Team, Dr. Roy works exclusively with homeless men. Roles include the assessment of patient's neuropsychological functioning, providing treatment recommendations, the supervision of graduate and postgraduate students. At CAMH, Dr. Roy is the lead clinician in a service that provides neuropsychological, psychological, and functional (OT) assessments and cognitive rehabilitation services to patients with severe mental illnesses such as schizophrenia. Our service also provides advance clinical training to neuropsychology interns and postdoctoral fellows wishing to develop an expertise in the assessment and treatment of persons with severe mental illness.

Dr. Philippe Shnaider, Ph.D., C.Psych., received his Ph.D. from Ryerson University. Currently, he is the Interim Manager and a Psychologist at the Anxiety Treatment and Research Clinic at St. Joseph's Healthcare Hamilton; an Assistant Professor in Department of Psychiatry and Behavioural Neurosciences at McMaster University; and works part-time in private practice at Evidence-based Therapy, Training and Testing (EBT3). He is the co-author of *Treating PTSD with Cognitive-Behavioral Therapies: Interventions That Work*, and has published several peer reviewed publications and book chapters with a focus on trauma and posttraumatic stress disorder (PTSD). Dr. Shnaider is also actively involved in efforts to train clinicians in evidence-based assessment and intervention for PTSD.

Dr. Sheri Turell is a Clinical Psychologist and Peer Reviewed ACT Trainer, who is most passionate about her work with Acceptance and Commitment Therapy (ACT, pronounced as a single word) with patients of all ages. She has conducted research studies to examine the effectiveness of ACT as a group-based therapy. Dr. Turell is coauthor of two ACT books: "ACT for Adolescents: A Transdiagnostic Guide for Clinicians," released in May 2016, and The Mindfulness and Acceptance Workbook for Teen Anxiety, due for release in October 2018. In addition to her private practice, Dr. Turell co-facilitates ACT based parent groups at the Hospital for Sick Children, and clinician trainings locally and internationally. She is an active board member for the Ontario chapter of the Association for Contextual Behavioral Science (ACBS) and offers supervision / consultation to graduate students and mental health professionals interested in practicing ACT.

OPA Poster Presentations and Awards

Poster Presentation

For the 8th year, the OPA Convention will host a peer-reviewed Poster Session. We are pleased to offer the opportunity for conference participants to discuss current research initiatives and innovative clinical practices with graduate students as well as practicing psychologists.

There will be an award of excellence for the best poster presentation.

OPA Awards

The following OPA Awards will be presented during the luncheon:

- **Dr. Harvey Brooker Award for Excellence in Clinical Training**
- **Ontario Psychological Association Award of Excellence in Poster Presentation**
- **Ontario Psychological Association Award of Merit**
- **Dr. Ruth Berman Award for Early Career Psychologists**

Deadline for nominations: October 29, 2018

Click [LINK](#) to submit your nomination and view award descriptions.

Conference Fees

General (incl HST) FULL DAY - **\$175**

General (incl HST) HALF DAY 2:00pm-7:30pm - **\$100**

Student (incl HST) FULL DAY - **\$100**

Student (incl HST) HALF DAY - **\$75**

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Directions to the Toronto Reference Library

789 Yonge Street, Toronto, ON M4W 2G8

Phone: [416-395-5577](tel:416-395-5577)

Map:



Directions, TTC & Parking

Closest major intersection Yonge Street and Bloor Street. Located one block north of Bloor Street on the east side of Yonge Street.

Public Transit

TTC subway station Yonge. Walk to library north on Yonge Street.

Parking

Paid - parking lots on Cumberland Avenue, Asquith Ave and Church Street.

Hotels Nearby

Toronto Marriott Bloor Yorkville

90 Bloor St East Contact: Alicia Bodanis

alicia.bodanis@marriottbloor.com 416-515-2574

marriottbloor.com

Four Seasons Hotel, Toronto

60 Yorkville Ave

Contact: Lina Marchesano lina.marchesano@fourseasons.com 416-928-7307

fourseasons.com

Park Hyatt Toronto

4 Avenue Road

Contact: Amanda Poujade amanda.poujade@hyatt.com 416-324-1562

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